



## Confident & Connected Caregivers

Telehealth | 18+ | 10:30am - 12pm | Wednesdays | 6/25 to 8/20

**Group facilitator: Cait Cantrell, LMFT**

Guided by the Circle of Security<sup>®</sup> Parenting<sup>™</sup> program, this group aims to teach parents and caregivers about attachment-based parenting techniques based on decades of research in order to strengthen bonds with your child(ren).

Participants will also have the opportunity to connect with other parents and caregivers throughout the group.

This group is designed for parents and caregivers of children of any age.

### Learning objectives:

- Understand your child's emotional world by learning about their emotional needs.
- Support your child's ability to manage emotions.
- Enhance the development of your child's self-esteem.
- Honor your innate wisdom and desire for your child's security.

**\*Contact Cait Cantrell at 303-730-8858 to enroll.**



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